

TO GROW LONG, STRAIGHT HAIR

You Need a Real Scalp Food.

There are so many so-called hair growers on the market, a large number of which are nothing more than perfumed grease, it is no wonder people get discouraged and lose faith in all hair tonics. In deciding what to use on your scalp be sure and get a remedy of proven merit. Seeb's Quinade is a highly medicated pomade that has stood the test of time. It is a real scalp food; it stimulates and nourishes the roots of the hair, causing a natural growth of long hair. Quinade is the invention of an expert chemist and is made under the supervision of an experienced registered pharmacist. It makes the hair soft and smooth and easy to put up in the style desired.

To get best results from the use of Quinade it is necessary to shampoo the scalp about every two weeks with Seeb's Quinade. Quinade is made entirely out of pure vegetable oils, principally coconut oil, and is a thorough cleanser. Quinade lathers very freely. It leaves the hair soft and fluffy and imparts a refreshing feeling to the scalp unequalled by any other shampoo.

Do not accept any substitute, but insist on getting Seeb's Quinade and Seeb's Quinade, asking for them by the full name. Price is 25 cents each. If your druggist or dealer does not stock these two articles, ask him to obtain them for you from the wholesaler or send us the price and we will mail them to you. Write to Seeb Drug Co., 79 East 150th street, New York City, for a sample of Quinade, mentioning the name of this paper.—A.D.

YE BRITONS COME FORTH AND FIGHT THE GOOD FIGHT.

Dedicated to the British Soldiers and Sailors.

By Wm. R. Roache.

Ye fair born sons from English land,
Shoulder your musket and take your stand;
Fight a good fight with all your main,
And credit bring to great Britain's name.

While guardian angels sang this strain:
"Britons never shall be slaves."

Let every British son go forth
And in the air his flag let him float;
Fresh courage he gets from a view of
his flag,
And he pledges: "I'll never let it drag."

Come forth ye Britons, from East and from the West;
And stop the advance of the Kaiser's train;
Let Wilhelm know that Britons are brave,
And very soon he'll be in his grave.

Come forth ye Britons, from England West;
Enter the battles and do your best.
Come ye from the north and south,
And very soon victory you'll shout.

My turn will soon be near,
And I'll go without a fear,
Trusting in the great God,
And this will drive old Will mad.

SUCCESS COMES TO DR. BARKSDALE.

Dr. W. L. Barksdale, who has been recently located at Dickson, Tenn., has been successful in several operations, and is meeting with much success in the practice of medicine; and has won for himself the friendship of all the members of his race, and of the leading white citizens of Dickson, who are delighted to have him.

A SAD-HEARTED MOTHER.

I often think of you day by day;
If your face once more I could see,
Of the debt you have gone to pay,
And wonder how long it will be.

I know that you are getting good care,
From the pictures of others we see;
But the burden is so hard to bear,
That you are so far from me.

The mottoes hanging on the walls,
Saying, "What is home without a mother?"
I think that after the government's call
It will be what is home without brother?

So we will dry our tears away,
And try to look up brave as we are
hoping to see some day
The value of those that we gave.
Composed by Minerva L. Smith,
7th grade pupil of Pearl Grammar—
15 years old.

HALE HOSPITAL NOTES.

Miss Izetta Donelson, a member of the Senior Class, has just returned from a two week stay in Chicago. She reports a pleasant trip.

Miss Jessie Wilson, another member of the Senior Class, spent her vacation in Indianapolis.

Mrs. J. H. Hale, R. N., our Superintendent, reports a very pleasant trip to Memphis. While there she visited the leading colored hospitals, found them all with plenty of work. Mrs. Hale was the guest of Dr. and Mrs. A. P. Saunders.

Dr. A. B. Borders of Fort Worth, Tex., one of the leading physicians of the state, is the guest of the hospital. Dr. Borders is the first to receive his diploma of Internship from Hale Hospital, and is here doing extensive post work. The Dr. also brought a patient, Mrs. Annie Pope, one of the leading matrons of Ft. Worth.

The new hospital addition is nearing completion. On the first floor will be installed a storage room and laundry fitted up with a very modern electric water. On the second floor will be a laboratory and reception, X-ray room and dormitory.

Club will hold its regular home Friday Miss Eula Christ-

mon, vice president of the club, is hostess.

Rev. Craft was able to leave the hospital in fine shape and is loud in his praises of the courteous treatment of the nurses.

Mrs. C. H. Clark is convalescing rapidly. She is able to mingle with friends again.

Mrs. Marion Clark, 1714 Jefferson street, wife of our very popular and successful pharmacist, is all smiles. It's a boy, and just like "dad."

Mrs. Wm. Lewis, 2415 Albion and her young son, Wm., Jr., have returned home.

Miss Gert Porter has returned from a very pleasant two weeks' vacation spent with parents.

Mrs. Addie Spence, Lemuel, Tenn., patient of Dr. J. W. Russell, has returned home.

Miss Zelma Sharpe, 17 Clayborne, is at home again.

Mrs. Lula Miles, 86 Clayborne St., patient of Dr. F. E. Dawson, says, had she known hospitals were so pleasant she would have been operated on six months ago. She returns home in fine condition.

Mrs. Lucinda Settles, Pulaski, Tenn., patient of Dr. W. A. Lewis, is a patient.

Miss Nora Winstead, a member of the Primary Class, spent her vacation at the nurses' home. She reports a very pleasant stay.

Mrs. Bessie Porch, 104 Lewis St., has returned home, much improved.

Mrs. Bessie Watson, 1332 E. Hill is at home, having fully recovered from a recent operation.

Mrs. Louise Williams, Providence, Ky., is convalescing after a recent major operation.

Mrs. Amanda Still and Mrs. Hallie Wilson, both of Renco, Tenn., are recovering from major operations.

The Superintendent has just been informed by a member of the Primary class that their class is to be given the credit for furnishing the new recitation room.

Little Miss Ella Laurels, Harding Road is recovering.

Miss Ophelia Sanders, 3 Ten St., patient of Dr. R. C. Cheek, was recently operated on.

Miss Bessie Timoe, Columbia, Ave., N., patient of Dr. J. W. Russell, recently underwent a very serious operation.

Miss Pearl Cunningham who has been seriously ill for several months is recovering. She will leave soon, accompanied by her sister, Miss Hattie Cunningham, a member of the Junior class, for Winchester where she will spend a few weeks.

Mr. Thos. Brown, Clifton Pike, is a patient of Dr. G. H. Bandy.

Miss Eula Christman, a member of the Junior class, is off for her vacation.

Mr. Robert Swinger, 97 Green St., is a patient.

Mr. Thos. Dotson, 13 Short Street, is convalescing.

Miss Bessie Timoe, Columbia, Tenn., patient of Dr. B. F. Davis, is in the hospital for an operation.

Mrs. Mary Moore, Greenville, Miss., was recently operated on.

Mrs. Lemmie Walker, 93 Lewis Street, with her young daughter, will be able to return home in a few days.

Mrs. Fanny Calhoun, Little Rock, Ark., who was recently operated upon, is fast recovering and wishes her friends to know that she will soon be able to be in their midst.

Mrs. Jessie Sellers, 1021 21st Ave., N., patient of Dr. G. H. Bandy, is convalescing.

Mr. C. C. Caruth, who was seriously injured in the recent wreck, is much improved. Mr. Caruth is the patient of Dr. G. H. Bandy.

PROSPER C. MURRAY DIES.

Paris, Tenn., July 23, 1918.

Prosper C. Murray departed this life Thursday morning, July 11, 1918, at home, Nison street, Paris, Tennessee.

The funeral was conducted from the Mt. Zion Baptist Church Sunday afternoon, July 14th, at 3 o'clock by the Rev. G. P. Woodson and Dr. A. J. Russell. The interment was at Maplewood. He is survived by a wife and mother.

Mrs. Mamie Miller, Mrs. Murray sister of Chicago, Ill., Mrs. Hester Murray of Memphis, Tenn., and Mr. Robert Hines of Paducah, Ky., attended the funeral. Mr. Murray was born in Nashville, Tenn., having lived away for several years.

THE NATIONAL ASSOCIATION OF TEACHERS IN COLORED SCHOOLS HOLDS ITS FIFTEENTH ANNUAL SESSION AT HARPER'S FERRY, WEST VIRGINIA, JULY 31-AUGUST 3.

The program which has been issued by President Clark of Southern University, Baton Rouge, La., and his associates, presents a wide grasp and most modern view of education. Like other educational organizations, this association feels as never before the pressing necessity of their regular annual meeting.

The foreword of their announcement makes the following statement: "Notwithstanding the railroad rates are higher than ever before, every teacher in the country should make a sacrifice and attend the present meeting of the National Association of Teachers in Colored Schools. Never before in the history of the organization has there been such demand for getting together. The necessity arises from the fact that while the war goes on the spirit of education must not only not lag but must be carried forward with greater determination than ever before. Every educational organization in the country has taken this view of the situation, including the most effective organizations which we have; the Superintendent's Division of the N. E. A.; the National Organization for the Promotion of Vocational Education and the National Association proper. We must not do otherwise."

The men who are in the program are the ripest educators of the race, being engaged in every line of educational endeavor.

The place of meeting is near the Eastern Centre, is historic and will itself be an added attraction.

"WINNING THE WAR."

Symposium Discussion Being Arranged For Coming Meeting of National Negro Business League.

Tuskegee Institute, Ala., July 20.—Mr. Emmett J. Scott, Secretary of the National Negro Business League and Special Assistant to the Secretary of War, was at his desk at the Tuskegee Institute for several days this week. While here, he addressed the Summer School, which closed its ninth annual session yesterday.

After a conference with Principal Robert R. Moton, Chairman of the Executive Committee of the Business League, Mr. Scott announced that an important feature of the next session of the National Negro Business League which is to be held at Atlantic City, N. J., will be a symposium discussion: "Winning the War." Important representatives of various agencies engaged in war work, together with a number of Government workers, will be present and participate in this effort to devise plans and methods to help our country in the great crisis through which we are now passing. Communities which have been successful in local war relief campaigns will also be represented in this discussion.

Persons who have been invited to speak at Atlantic City are responding promptly and the program matter will be given to the printers next week. Every effort is being made to make this a most interesting and constructive session.

SUGARLESS ICE CREAM.

A Good Cane or Beet Sugar Substitute for Sweetening Ice Creams.

Take ten pounds of honey, five pounds of maple syrup, five pounds of corn syrup. Blend the above into a smooth syrup. Add this syrup to your ice cream base. Afterwards add your chocolate, fruit juices, etc. The above will sweeten about twenty-four gallons of ice cream.

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SUGARLESS ICE CREAM.



U. S. Food Administration.

Of Squire "Tater" low he goin' to be mighty high king of de roost 'mong garden sass folks. We all kin eat him as a 'tater boiled, baked, fried, stewed, cooked wid cheese an' dey settin' so dey make him inter four; so's we kin 'substitute' him for wheat flour. He's a 'substitutest' of all de vittles, he sez.

De udder garden sass folks lak ingins, tomatoes, cabbage, cumpins an' squash don't need to git preed, 'cause dey's goin' to be room in de pot fo' de whole tribe. Ev'ry las' one 'em can hep save what on nut for de boys dat's doin' de fightin' over yander.

flavor to the frozen product. This sugar is not considered a substitute for cane sugar. Other sugars and syrups such as corn sugar, corn syrup, and grain syrup can be used as sugar substitutes with either cane sugar or invert sugar syrup.

CORN SYRUP AND CORN SUGAR. Corn syrup is made from corn and contains from 15 to 20 per cent of water. It can be used satisfactorily to replace as much as 50 per cent of the cane sugar. Thus, 50 pounds of cane or invert sugar syrup and 100 pounds of corn syrup is equal to 100 pounds of cane or invert sugar. This syrup dissolves with difficulty in a cold cream mix and can best be added to the cream or mix at the time of pasteurization.

(*) (Cane sugar is used to indicate either cane or beet sugar.)

Corn sugar is a coarse powdered sugar made from corn, which dissolves easily and is about 80 per cent as sweet as cane sugar. Some grades of this sugar when used in high percentages are objectionable because of the high yellow color and bitter flavor imparted to the cream. Satisfactory results were obtained from the following combination, 50 pounds of cane or invert sugar syrup, 50 pounds of corn syrup and 31 3-4 pounds of corn sugar. This combination is equal to 100 pounds of cane sugar or invert sugar syrup and replaces 50 per cent of it.

GRAIN SYRUP. Experiments with grain syrup, a product made from various grains showed that its sweetening power was about 80 per cent of that of cane sugar. It is a rather dark colored syrup with a distinct grain flavor. It dissolves quite readily and can be used to replace as much as 20 per cent of the cane sugar. The use of 20 per cent of grain syrup imparts a strong grain flavor to the frozen product and gives it a slight astringent taste. Even 10 per cent of grain syrup is noticeable. Some people who have tasted ice cream made with this syrup preferred it to that made with cane sugar.

To replace 20 per cent of the cane sugar in the following combination can be used, 30 pounds cane sugar or invert sugar syrup and 32 1-2 pounds of grain syrup. This combination is equal to 100 pounds of cane or invert sugar syrup.

OTHER SYRUPS. It is probable that there are on the market specially prepared syrups which can be used in ice cream in sufficient quantities to result in considerable saving in cane sugar. Some are very sweet but have marked flavors which are distinctly noticeable in ice cream. The manufacturer should determine for himself whether any of these syrups can be used in his products.

The use of substitutes for sugar involves an increase in the volume of the mix, therefore in order to insure the correct percentage of fat and milk solids not fat in the frozen product, the volume should be taken into account. The vanilla flavor is very noticeably masked in using sugar substitutes and therefore, to give the same amount of flavor in these creams with sugar substitutes, the vanilla extract must be considerably increased.

When using the combination given in this paper, there is no difficulty in obtaining normal yields on freezing. In order to use these sugar combinations on a large scale, ice cream manufacturers are advised to try them with their mix on a small scale to assure themselves that the product will be satisfactory to their trade.

In regard to the use of sugar substitutes under the Federal Law, we quote a statement from a communication from the Bureau of Chemistry.

"The Bureau has recently had inquiries from various ice cream manufacturers as to its attitude toward the substitution of various substitutes for sugar in the manufacture of ice cream, and the matter has been brought up especially by Mr. A. H. Gardner, Jr., President of the National Association of Ice Cream Manufacturers. We have advised all these correspondents that the Bureau sees no objection to the substitution of corn syrup or corn sugar for sucrose in ice cream provided such substitution is set forth in a plain and satisfactory manner in order that the customer may understand clearly that either corn syrup or corn sugar has been used. This position is of course, equally applicable to other harmless sugar substitutes, such as grain syrup. We have advised inquirers, however, that we cannot pretend to speak for or to predict the attitude of State officials in the enforcement of their own State laws."

HOTEL DALE, CAPE MAY, N. J.

The following guests registered at the Hotel Dale during the past week: Philadelphia, Pa.

Rev. W. G. Parks, Mrs. Mary Rodgers, Dr. J. Thomas Stanford, Dr. R. R. Royster, Dr. and Mrs. J. S. Lennon, Master J. S. Lennon, Mr. G. C. Peterson, Mr. Wm. J. Draper, Mr. Geo. B. Morris, Dr. W. Ogden, Mr. John W. Benson, Mr. and Mrs. Kenneth Ransom, Rev. Alexander Gordon, Mr. Arthur Bayless, Mr. E. A. Blagburn, Mr. W. L. Jones, Mr. and Mrs. Clement Reed, Miss Q. B. Bookrum, Mrs. J. W. Hickman, Mr. Andrew Williams, Dr. G. Alvin Jenkins, Dr. M. Norvell Pannell, Dr. T. S. Burwell, Miss Louise Venning, Dr. T. Paul Taylor, Miss Maggie F. Taylor, John Tamlin Powell, Mr. Percy Wilson,

Mr. Pryor, Mrs. Rosa F. Pryor, Dr. Mrs. Laila Lawrence, Miss Oesie Day, Mr. J. B. Johnson, Mr. Jas. Nichols, Dr. J. Q. MacDougall, Miss Edith MacDougall.

Capt. and Mrs. Wm. R. Staff, Washington, D. C.

Miss M. C. Staff, Washington, D. C.

Mr. J. H. Maxwell, Washington, D. C.

Mr. Wm. Guesse, Wilmington, Del.

Miss C. F. Smith, Jamaica, N. Y.

Mrs. Cora Brown, Cape May, N. J.

Mr. J. T. Holmes, Cape May, N. J.

Mr. L. Nieves, Cape May, N. J.

Mr. J. A. Allen, New York City.

Miss Ada F. Busch, New York City.

Miss Lula Fields, New York City.

Mr. and Mrs. Wm. Gibson, New York City.

Master Harvey Powell, Washington, D. C.

Mr. Henry Wilson, New York City.

SPECIAL AND IMPORTANT FEATURES.

of WOMAN'S AUXILIARY NATIONAL BAPTIST CONVENTION.

First. MAKE NEEDLEWORK BOOTH BIG. The State that brings the best needle work will receive a beautiful pennant. Florida received the pennant for the best needle work at Atlanta, Miss Idella J. Cason, president, South Carolina received the pennant for the most needle work, Mrs. G. W. Rayford, president. It is the wish of the needlework managers that this department go over the top at Little Rock Convention—Mrs. E. V. Hooper, Illinois, chairman, Mrs. L. M. Jones, Texas, secretary.

Second. WHAT ABOUT THE MEDAL AND HONOR? Texas received the medal for sending the most money for all departments of the Convention work. Medals are LA A. Williams, D. T. H. Cummings and S. Prince, presidents.

STAMP BANNER. Illinois was awarded the beautiful stamp banner for sending the most stamps to the Corresponding Secretary's office. Mrs. Betty Wilkerson, president.

ARE YOU WILLING FOR THESE STATES TO CARRY OFF THE HONORS AGAIN?

Third. PRESIDENTS. Since every president of a State Convention is a vice president of the National Convention, we earnestly beg of you to be present on Wednesday at 1 o'clock p. m., September 4, in the Executive Board meeting in order that when the Convention proper opens at 2:30 p. m. We will be ready to expedite business rapidly.

Fourth REPRESENT. Don't fail to represent with constitutional requirement, and try hard to send extra donations for Training School, Home and Foreign Mission Board.

Fifth. GOSPEL SINGERS. Don't fail to encourage the gospel singers of your church to take part in the great Woman's Convention choir of 500 voices. Of course, the Little Rock choir will be on the job also. The Convention choir will assist them.

Sixth. PLEDGES. All pledge money for Training School and Foreign Mission Boards is expected to reach this office at once, so that it may be included in the Executive Board's report.

Seventh. SESSIONS. Every session will be a big session. Don't miss one. Eighth. ANNUAL MEMBERS. Persons desiring annual membership may obtain same by paying one dollar. Send in this amount at once to the Corresponding Secretary's office, so you may be enrolled as a member of the Convention.

Ninth. ORGANIZATIONS REPORT. If all organizations will send in their money and list of delegates to the Corresponding Secretary's office by August 15th it will certainly be appreciated by the Enrollment and Finance Committees. If you will do this they will have an opportunity to be present in all the important sessions of the Convention. Please DO THIS JUST ONE TIME.

Tenth. PRAY. Sisters, let us pray that we may have a great meeting spiritually, financially, intellectually and numerically. This will happen if you will pray and begin working hard now. We can accomplish great things by making God our partner. Dead Jer. 33:3.

We remain, Yours for a great Convention, MRS. M. A. B. FULLER, Cor. Sec'y 1164 Angelina Street, Austin, Tex.

MRS. G. M. DeBaptist P. ASHBURN, President.

MRS. HELEN ADAMS-MOORE, Recording Secretary.



LIEUT. A. M. WATSON.

ON THE ATLANTIC.

Dear Lona. This is a little surprise to you. I hope this will find you up and on your feet. Now there is but one request that I am going to ask of you to take things as I do and please do not worry. It is my intention to see you again. You must look at it this way. We can only give one life and it could not be given for a nobler cause than for the defense of one's country, although it may not hold the Government at fault for what individual persons or states do no more so than you would hold me responsible for what some of my people would do. When you learn to look at it this way and realize that if we did not go to war now, sooner or later the Germans would invade America and then our homes, mothers and wives would be murdered. This and other reasons is why we are fighting and for this alone I do not flinch at meeting the Huns.

If you can dear, be as brave as I am on this proposition. I can easily assure you that when I return you

will be proud of the fact that you had a husband that you can feel proud of. Owing to the fact that I was not drafted into the army, but volunteered of my own accord, because I thought it my duty.

In two days from now we will see land if nothing happens. Did you get my letter I wrote you from Upton, N. Y.? There is nothing so very strict about the sending of mail if you do not mention anything that would be of importance to the enemy if they should happen to get it, otherwise anything you wish to know you can say. Lovingly as ever yours, A. M.

RHODIA COLLEGE NOTES.



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